



Nebraska Association of Diabetes Educators presents: New Perspectives In Managing Diabetes

Program Objectives

At the conclusion of this program, the participant will be able to:

- Describe the current prevalence of childhood obesity, the concept of energy balance and the health environment our children are living in today.
- Discuss how childhood obesity is measured, BMI tracking and pediatric obesity treatment programs.
- Explain the difference between diabetes and prediabetes.
- List treatments used for pre-diabetes to decrease risk of developing diabetes.
- Describe the nutrition guidelines for diabetes management
- Discuss tools to help patients manage diabetes with nutrition and lifestyle change.
- Identify Motivational-Interviewing processes for facilitating change in clinical encounters.
- Discuss patient stages of readiness for adopting positive self-care skills and strategies to enhance motivation toward positive self-care.
- Differentiate between biomedical and holistic wellness.
- Explain “SMART” principles of healthy living and FITT Principles for safe exercise.
- Discuss action of the different types of diabetes medications.
- Discuss the indications and concerns of each medication.

Sponsored by:

Nebraska Association of Diabetes Educators (NADE)
NE DHHS Diabetes Prevention and Control Program

Planning Committee:

Jennifer Collins, BSN, RN, CDE Connie Kulwicki, RN, CDE
Cindy Polich, RD, LMNT, CDE Jessica Rich, BSN, RN, CDE
Jenny Spaulding, BSN, RN, CDE Kathi Taylor, MS, RD, LMNT, CDE

Faculty:

Kate Heelan, PhD

Professor/Director
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University of Nebraska at Kearney
Kearney, NE 68849

Connie Kulwicki RN, CDE

Diabetes Program Coordinator
Good Samaritan Hospital
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Jenny Kearney MS, RD, LMNT, CDE

Certified in Adult Weight Management
Certified Diabetes Educator
St. Mary's Community Hospital
1314 3rd Ave
Nebraska City, NE 68410

Larra Petersen-Lukenda, PhD

Health Behavior Coordinator/Staff Psychologist
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Margaret A Sweigart, MA, CTRS

Exercise Physiologist
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Pam Wollenburg, APRN, CDE

Diabetes Education Coordinator
St. Elizabeth Diabetes Center
7441 O Street, Suite 200
Lincoln, NE 68510

Registration deadline: March 4, 2013

Register online at: www.myaadenetwork.org/nebraska

Printed copies of speaker handouts will not be provided. Registrants will receive an e-mail with instructions on how to access, and if desired, print handouts.

Location:

Holiday Inn Hotel and Conference Center
110 2nd Avenue,
Kearney, NE
308-237-5971

Fees:

Non AADE Members	\$90
AADE Members	\$60
Health Care Students	\$40
Walk-ins	\$150

Questions or cancellations:

Cindy Polich, RD, LMNT, CDE
E-mail: cpolich@nebraskamed.com

Cancellation Policy

Cancellations accepted through March 4, 2013. No cancellation refunds will be given after this date.

Lodging:

A block of rooms has been reserved for conference participants for \$89.95, plus tax. For reservations, please call the hotel prior to Feb 14 and mention the 'Diabetes Conference'. After Feb 14, the block of rooms will no longer be available, but a discounted rate will be honored based on room availability.

Credit:

The American Association of Diabetes Educators (AADE) is accredited as an approver and provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC), and in Dietetics by the Commission on Dietetic Registration (CDR). Continuing education hours have been applied for. Continuing education hours for LMNT have been applied for.



**Nebraska Association of Diabetes
Educators Presents:**

New Perspectives in Managing Diabetes



**Friday, March 15, 2013
Holiday Inn Hotel
and Conference Center
110 2nd Avenue,
Kearney, NE**



Program Schedule

Target Audience:

Health care professionals who care for patients with diabetes in various clinical settings.

Purpose:

To provide an overview of issues that face healthcare professionals who care for patients in various clinical settings.

7:00 Registration and Continental Breakfast

7:45 Welcome

Charlene Dorsey, RD, LMNT, CDE
NADE President

8:00 Childhood Obesity – What do we do?

Kate Heelan, PhD

9:30 Prediabetes

Connie Kulwicki, RN, CDE

10:30 Break and Exhibits

11:00 Nutrition Management in Diabetes

Jenny Kearney, MS, RD, LMNT, CDE

12:00 Lunch and Exhibits

**12:45 Non-compliant or Ambivalent: Using
Motivational Interviewing Based Health
Coaching in Encounters**

Larra Petersen-Lukenda, PhD

1:45 SMART About Diabetes

Margaret Sweigart, MA, CTRS

2:45 Break/Stretch

3:00 Diabetes Medications

Pam Wollenburg, APRN, CDE

4:00 Closing

Note: Room temperatures may vary. You may wish to bring a jacket.